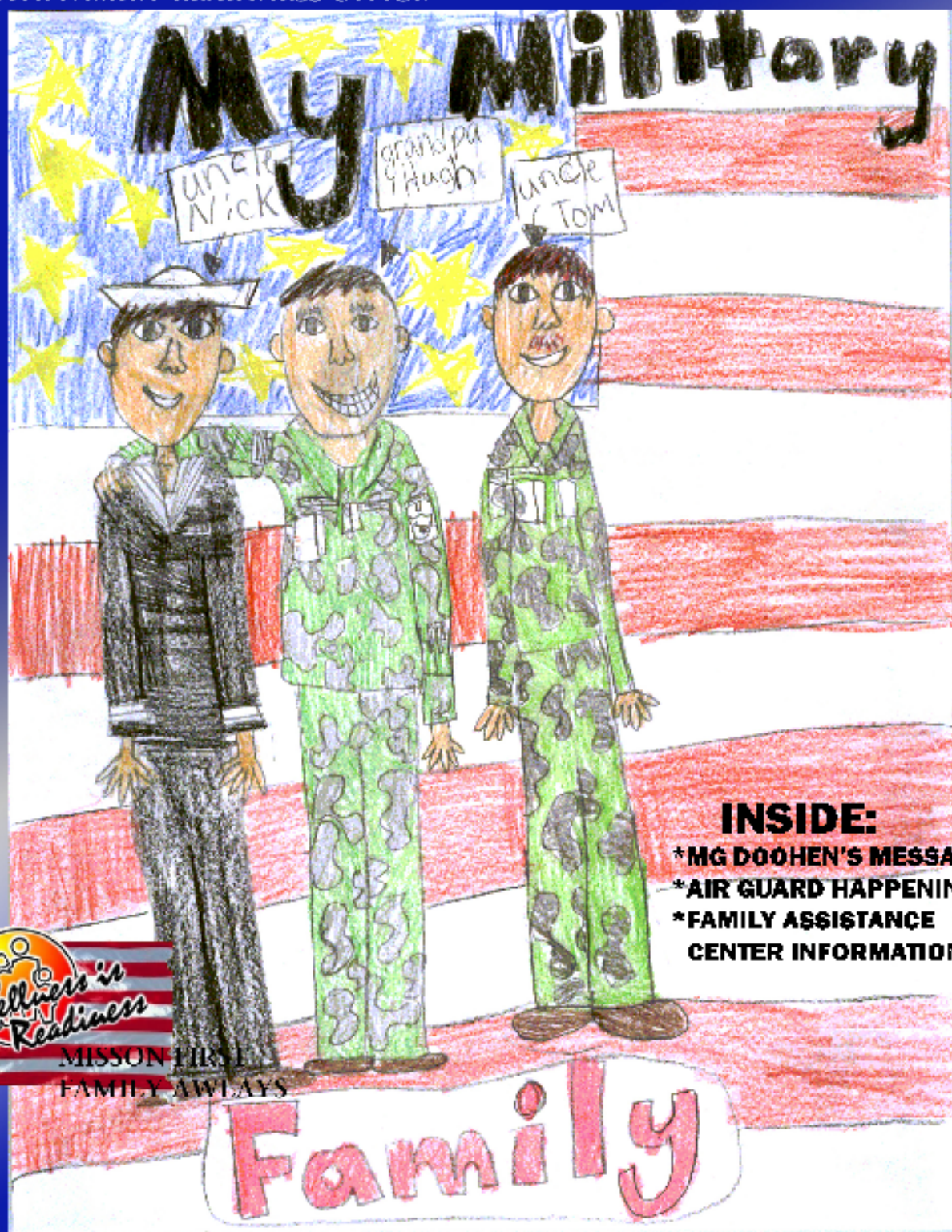


SOUTH DAKOTA ARMY AND AIR NATIONAL GUARD

FAMILY NEWS

STATE FAMILY READINESS OFFICE

NOVEMBER 2007



INSIDE:

- *MG DOOHEN'S MESSAGE
- *AIR GUARD HAPPENINGS
- *FAMILY ASSISTANCE CENTER INFORMATION



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MPSC contract employee

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MPSC Contract Employee

Dear Family Members,

It is my distinct honor and privilege to serve as the South Dakota National Guard's 20th Adjutant General. I can assure you that both Gloria and I are totally committed to you, our families of our South Dakota National Guard members. It is very fitting that we pay tribute to our military families in November, which is National Military Family month.



We must not limit our gratitude and support that we show our family in just this month, we must keep all of our military members and their families in our thoughts and prayers each and everyday. The selfless service and sacrifice you must endure does not go unnoticed because the support you provide your Soldier or Airmen is an integral part of successfully completing our mission and we are fortunate to have that tremendous support from our military families.

Gloria and I are very happy to have the ability to continue to serve our great Guard members and their families. We have spent most of our time on the east part of South Dakota serving with the South Dakota Air National Guard, where I was fortunate to serve in the 114th Fighter Wing in a variety positions to include wing commander and prior to my selection as the Adjutant General, I served as the Assistant Adjutant General for the South Dakota Air National Guard.

Gloria had the great fortune to work with the South Dakota Air National Guard Family Readiness Group and other local organizations that support our Guard members and their families. She is very excited to have the ability to continue to work with our great families.

I can assure you that early in my military career I understood the sacrifices that our Guard families must endure. I have a thorough appreciation of the strains and stresses of our Guard families. Although, Gloria and I might not be able to reduce the apprehension of deployments or other stress caused by military service, I can assure you that families are our top priority.

Knowing that their families are well supported back home allows our Soldiers and Airmen the ability to focus on the mission at hand, which is critical to the mission. We are truly a great nation blessed with heroes like you that are willing to place service before self and support your Soldier or Airmen.

I ask that you keep involved in your family readiness group, **or become a new volunteer**, it truly makes a difference. We are looking forward to meeting with you and your family at future family events.

Again, thanks for your service to this great state and nation.

Steve and Gloria Doohen



State Family Program Director's Message

CPT Martin Yost



As we go into this busy holiday season, it is my hope that we all reflect on our military lives. I would ask all Service Members to thank their families for supporting them during their Guard careers. As a Service Member, I understand the sacrifices that families endure so we may serve our country. I do not mean just the deployments, but I also mean the weekends away, annual training, and all the extra schools. Your families step up to the challenges of running the home and also care of your family. Without their support we could not concentrate on our missions and continue to be members of the National Guard. I was once told if we do not take care of the family, we will not retain the Service Member. As a past Commander, I found this to be a very true statement. Service members, do something extra special this month and always, to show your appreciation for your family's hard work and dedication to your guard career.

LTC Harvey Fitzgerald, the past director who is currently deployed in Iraq, mentioned in his last article that our office needs to make sure you are aware and understand all the new benefits and programs that are available to the service member and their families. Our staff is dedicated to doing just that and this next year we will continue to provide letters and briefings so everyone understands what all the agencies have to offer you our families and service members.

We will also continue to provide support before, during and after deployments. The staff has done an outstanding job of providing a great Reunion and Reintegration Program for service members and families. We are providing a new service by facilitating a Family weekend for service members and their families to incorporate briefings and trainings prior to deployment. This training helps explain benefits and programs to assist Families with their transition to military life. Another program we are currently working on is "Wisdom from the Yellow Ribbon", which will educate employers, school officials and community leaders about the Reunion and Reintegration process.

One final thought is Transformation. Our National Guard has changed to provide the best fighting force for our country and the best support to our communities. Transformation has changed names and facilitated transition of units to new locations, requiring many service members to relocate. As a result of these changes, many existing and new units are now seeking volunteers for their Family Programs. I encourage all family members to volunteer their time to support these new and existing units. I pledge that our staff will train and provide support to all the volunteers of our National Guard.

Finally, I would like to thank all the current volunteers for their dedication and time to all of the service members. Your volunteerism is appreciated by all service members in the state. As the State Family Program Director, I look forward to serving all service members and families of our great state.

TRICARE users!

www.triwest.com – has a new look!

Access the site at www.triwest.com click on Beneficiary Services!

Check out the Guard and Reserve link for live presentations and the new TRICARE Reserve Select Policy details.

All you needed to know and so much more!

Log on www.triwest.com

New Employees

CPT Martin Yost-State Family Program Director



Martin with wife Lori

Hello, I am Martin Yost, and along with my wife Lori, we are very happy to be a part of the Family Programs staff. I have been in the Guard since 1985, starting as a combat medic and spent 13 years enlisted before going to OCS and becoming an Officer. I have spent my entire career in the old 2nd BN 147th FA which has now become the new 1st BN 147th FA. Before becoming the Family Programs Director I was a Conservation Officer with SD Department of Game Fish and Parks for 18 years. Lori is currently working as the Director of the Career Learning Center in Watertown and we both are excited to move out west to Rapid City. I look forward to meeting and working with all the service members and families of the SD Guard and I am proud to be your State Family Program Director.

Taryn Lundquist-Family Assistance Specialist (MPSC Contract Employee)



Hi - My name is Taryn Lundquist and in August I joined the Family Assistance Center on Camp Rapid. Prior to this, I was a Family Services Specialist for five years with the South Dakota Department of Social Services - Division of Child Protection. I was born and raised in Rapid City and graduated from South Dakota State University. I enjoy the opportunity to be a part of the Family Programs team and look forward to working with you and our military families.

Taryn with fiancé Ken

Wilson's Wisdom

by Chaplain Lynn Wilson

Dealing with Stress During Deployments

185 soldiers from B Battery were recently deployed. But it is more accurate to say that 185 soldiers *and their families* were deployed! . . . because deployments affect *both* soldier and family. Soldiers and families will face the stress of separation in the months ahead. So perhaps the following suggestions on dealing with stress will be helpful. First of all, 1. Take good care of yourself. It sounds so basic, but if you're not healthy, you can't help anyone else. So get plenty of rest. Eat well. Don't smoke. Limit alcohol. Get some exercise. Listen to some relaxing music. Remember, laughter can be a good medicine too! 2. Let your feelings out. Talk, laugh, cry, even express anger if you have to. "Putting on a happy face" if you're not feeling happy is wrong. Besides, those who know you will know you're not being truthful anyways!;-) 3. Ask for help. A strong network of family and friends, writes "webmd.com," helps you manage stress better. Family Readiness, the Army National Guard Chaplains across the state, and many others, are here to help you! And we're not just *willing* for you to call us; we're *wanting* you to call us! ☺

Chaplain Lynn Wilson
Full-time Support Chaplain
Office #605-737-6009 or Cell #605-431-5182
lynn.wilson1@us.army.mil

Family Assistance Center

Fact Sheet—www.guardfamily.org

What Is Family Assistance?

Family Assistance is the focal point of information for service members and families by providing the Six Essential Services in times of contingency call up, mobilization, and large-scale deployments. Family Assistance Centers (FAC) are critical in providing help to all military families during long or short term deployments. This holds especially true for geographically dispersed families who are unable to access services at a local base, installation or fort. In other words, **Family Assistance personnel are the “One Stop Shop” for assistance and referral for families.**

Six Essential Services.

Crisis Intervention and Referral

Provide assistance with the following:

1. Domestic Abuse
2. Child Abuse/Neglect
3. Danger to Self and/or Others
4. Abuse/Neglect of a Vulnerable Adult

Legal Resource and Referral

1. Assistance with Power of Attorney/ Wills
2. Information and assistance with Service Members Civil Relief Act
3. Assistance with referral for ESGR

Financial Resource and Referral

Understanding Military Pay
Assistance with financial assistance and loan applications through the American Red Cross
Referral to the availability of outside grants
Provide referrals for budgeting classes

TRICARE Resource and Referral

Provide general information on insurance benefits
Assist with TRICARE Medical and Dental applications
Assist with finding local participating providers
Assist with writing letters to challenge claim denials

ID Cards and DEERS

Provide information on DEERS Rapids Centers
Assist with obtaining an ID card

Community Information and Outreach

Provide a list of local Community resources-including but not limited to the following:
Assist with Child Care resource and referral
Assist with referral to local financial resources
Assist with finding a local FRG to assist with Family Readiness

We are awaiting your contact - how may we be of assistance to you?

Michele Anderson
Michele.m.anderson@us.army.mil
1.800.658.3930
After hours Cell: 605.381.2859

Taryn Lundquist
taryn.lundquist@us.army.mil
605.737.6641 or 1.800.658.3930
After hours cell: 605.415.1807

Kim Chase
kimberly.chase@us.army.mil
1.866.597.0017
After hours Cell: 605.415.1705





HAPPENINGS IN THE SOUTH DAKOTA AIR NATIONAL GUARD **FAMILY READINESS TEAM**

Rebecca Anderson, the Wing Family Program Coordinator for the past 5 years, resigned in August. She wanted to pursue other career opportunities and is now a legal secretary. Rebecca was an outstanding asset to the Family Readiness Program and will be greatly missed. We thank and applaud her for all of her hard work and wish her the best in her new position. With that in mind, we are in the process of hiring a new Wing Family Program Coordinator and hope to have the new position filled by March 2008.

Our lead volunteer, Corrie Hanson, has been busy with the Layette Basket Program. Inside each basket, you will find a hand-made blanket specially made for each newborn to members of the 114th Fighter Wing, and several items needed to care for a child within the first few months of life. So far, Corrie has made 16 baskets this year.

In March we had our 7th Annual Easter Egg hunt. We had about 250 people in attendance, consisting of the unit members and their families, participating in the Egg Scramble and door prizes. The Civil Air Patrol also volunteered to assist with the festivities and their help was greatly appreciated.

Family Day was held in June and the program was a huge success. 1,300 members and their families gathered at the base. There were inflatables, a climbing wall, a kiddie train and many other kids activities and games. This was the first year that members could bring their pampered vehicles for a car show and have a picture taken with an F-16.

In July the youth of the Guard gathered together at Camp Bob Marshall, near Custer, SD, for a Youth Leadership Camp. They went to Mount Rushmore, Crazy Horse Monument, Reptile Gardens, and Veteran's Home in Hot Springs just to name a few of the highlights. All the kids were thrilled and are looking forward to next year's camp.

The Turkey Feed was a tremendous success here in November. We had over 1,100 people attend, which is more than we have seen in quite a few years. There was a band called DNR and the food was provided by Tony's Catering. A great time was had by all.

Coming up, we have the Children's Christmas Party in December. There will be door prizes and bingo. Santa will be there to take pictures with the kids. There was a record turn out last year, and we hope for the same great turn out again this year.

Security Forces will begin their mobilization early next year. The briefings and preparation for deployment have already begun and we want to thank the State Family Readiness office out in Rapid City, SD for their outstanding support.

The initial planning has begun for our 2008 AEF/ECS taskings. Members will start deploying in the summer of 2008.



Transition Assistance Advisor

Mr. Todd Otterberg

It's that time of year again: the leaves have fallen, the temperature is making us look for our coats, and by the time you get home from work, it's dark. Yes, it's rough, but we wouldn't live anywhere else.

The Transition Assistance Office has been busy putting together our Retiree/Veterans Summits. These Summits are for the person getting ready to retire, a gray area retiree, and the person drawing a military retirement. Our presenters are presenting on the subjects of:

- Survivor Benefits
- Tri-care
- GRAP/ESAR Recruiting Program
- Veteran Benefits
- SDARNG Update

Two of the major points being brought out is that the retiree's often don't know about their entitlement to receive TRICARE health insurance at age 60. The next question is "How much does it cost"? The fun part is telling them "IT'S FREE! Yes, the Guard and Reserve retiree receives TRICARE insurance at age 60 at no cost to them. All you need is an updated ID card and to let your health care provider know that TRICARE is now your insurance company. If you have insurance, TRICARE will become a secondary insurance for you.

Another major point is the ability to draw a Veteran's compensation (if eligible) while you are retired. Many people do not file claims because they do not want to hurt their military career or their military retirement. If you retire at age 40 from the Guard or Reserve, you could draw a Veteran's disability payment for 20 years before you would be eligible for retirement payments and not have any effect on your retirement.

We will be traveling around the state and holding a Retiree/Veterans Summit at each Guard armory throughout the state. At one per month this process will take a while. We hope to see you at one of these summits.

Todd A. Otterberg
Transition Assistance Advisor
Camp Rapid
605-737-6669

Honoring Those Who Served

Mr. Robert Sack

The South Dakota National Guard now has a full time Military Funeral Honors Coordinator to help with the final arrangements of our Armed Services members and Veterans. Mr. Robert Sack coordinates with the South Dakota National Guard Honor Guard, local VFW's and American Legion's, as well as The Retired Enlisted Association to provide a dignified military funeral for the Service Member. A typical military funeral consists of the flag folding and presentation, the playing of taps, and the rifle volley. Any Service Member who has completed an initial enlistment and was discharged under other than dishonorable conditions is eligible for military funeral honors. If you have any questions, Mr. Sack can be reached at (605) 737-6927.

South Dakota National Guard Youth Page

Brain Builder

The youth academic program, Brain Builder, kicked off on the first of October for youth ages 12 to 16. Three questions and a bonus question are sent out each month. Each question is worth one point and the four participants with the most points by the 25th of May will receive ACU backpacks. All participants will receive a certificate of participation. Questions consist of problem solving, science, geography, math and mind teasers. The questions are sent out by e-mail the first of every month and need to be returned by the 25th of every month to get credit for them. To enroll, send an e-mail with your e-mail address saying you would like to participate to michael.bierle@us.army.mil



Youth Leadership Camp

The 2007 Youth Leadership Camp was a great success! It was held at Camp Bob Marshall with the highest camp attendance ever. The attendance was 115 campers between the ages of 10 and 13 years of age. The campers had a great week going to Crazy Horse, Mt. Rushmore, Reptile Gardens and Evans Plunge. They also got to go canoeing, learn marksmanship and archery and went to the Veterans home to do a program. Wrapping things up with a graduation ceremony marked another year of Youth Camp gone. This means it's time to start planning for the 2008 Youth Leadership Camp. The Youth Leadership Camp will be held on July 28th through the 1st of August. The camp staff is coming up with a new schedule of events and making this next year more military based. We are looking forward to another great year at Camp Bob Marshall and we hope that you are too! Please look for the camp application after the new year.

Youth Summer Fitness Program

A special thanks to everyone who participated in the Youth Summer Fitness Program this year. Everyone who participated received stop watches and the top three participants received gift certificates to Scheels. First place received a fifty dollar gift certificate to Scheels and second and third place received a 25 dollar gift certificate to Scheels. The first place winner this year was Lane Reecy, congratulations Lane. Excellent job to everyone who participated, I look forward to your participation this next summer.

Pen Pal Program

The Pen Pal Program is a program to encourage military youth across the state to communicate with each other. This is a great way to talk to someone who knows what you may be going through and also a great way to make new friends. The Pen Pal that you will be assigned will be from a different town or city, but will be close to your age. Send in your application and the Family Readiness Office will assign you to a Pen Pal and give you your Pen Pals information so that you can begin communicating with them. Applications are on the next page.

One hundred years from now, it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world my be different because I was important in the life of a child.



FAMILY READINESS

SOUTH DAKOTA NATIONAL GUARD
2823 WEST MAIN STREET, BLDG 520
RAPID CITY, SOUTH DAKOTA 57702-8186
1-800 658-3930



Family Readiness Program “Pen Pal Application”

This program is encouraging children of Military Members across the state to communicate with each other. Please send your application into the Family Readiness Office, 2823 West Main Street bldg 520, Rapid City, SD 57702

Please Print

Child's Name

Age

Parent's name

Signature

Phone #

Military Member's Unit

Address

City

State

Zip Code

Email Address

Would you like to communicate with your Pen Pal via Email or Snail Mail? _____

The Family Readiness Office will assign you to a Pen Pal and will contact you with the information you will need to get started communicating with your new Pen Pal.

SOUTH DAKOTA NATIONAL GUARD FAMILY READINESS TRAINING

Whether you are a new volunteer, military member, or just need to refresh your Family Program knowledge, **mark your calendars and join us for the following scheduled training!**

BASIC/ADVANCED VOLUNTEER TRAINING

February 2, 2008

BASIC 9 AM-1200/ **ADVANCED** 1PM TO 4:30 PM

Brookings, SD (For All Volunteers)

UNIT MILITARY FAMILY READINESS REP.

February 3, 2008 from 8-11 AM

Brookings, SD (For Military Members)

TRAIN THE TRAINER COURSE – This course will be completed in 2 sessions; both must be attended for completion of course. Short, individual presentation.

Session I – February 15-16, 2008

Session I begins Friday evening at 7:30 PM and concludes Saturday at 4:30 PM.

Session II – April 12, 2008

8AM – 4:30PM

Chamberlain, SD (For All Volunteers)

BASIC/ADVANCED VOLUNTEER TRAINING

March 1, 2008

BASIC 9AM – 1200/ **ADVANCED** 1PM – 4:30 PM

Rapid City, SD (For All Volunteers)

UNIT MILITARY FAMILY READINESS REP.

March 2, 2008 from 8-11AM

Rapid City, SD (For Military Members)

LEAD VOLUNTEER TRAINING

May 3, 2008

9:30AM – 3:30 PM

Pierre, SD (Class for appointed Lead Volunteers of FRGs)

All classes & workshops are free and materials provided. This office is also available to conduct Family Readiness training at your location for either volunteers or military personnel or a combination of both.

Training to include Strong Bonds is subject to change based on funding and enrollments. Enrollment deadlines are 1 week prior and **room reservation deadlines are 1 month prior to training.**

Strong Bonds - A Free Weekend Away for Married Couples

(formerly known as **PREP®**)

The South Dakota National Guard Family Readiness and the State Chaplain's Offices are excited to offer Army Guard couples a "**free weekend away**" from everything to focus on each other and their relationship.

Strong Bonds is the same program and curriculum as **PREP®**. There is **NO** therapy, "encounter" groups or sharing of personal concerns.

Strong Bonds focuses on communication skills, addresses problem resolution strategies, reveals how to discover hidden issues, and then moves into caring, fun, and friendship. Couples spend most of their time in special discussions or practicing newly learned communication skills with each other.

The workshop begins Friday evening at 6:30PM and concludes at noon on Sunday.

Dates for the upcoming year are:

- March 14-16, 2008

Huron, SD

- September 5-6, 2008

Sioux Falls, SD

-October 17-19, 2008

Watertown, SD

OR

For questions or further details

♥ Call the Family Readiness Office at
1-800-658-3930 / 605-381-5761

Volunteers are placed on Invitational Travel Authorizations (spouses for Strong Bonds) which cover mileage, food & lodging for those living over 50 miles away. Mileage may be covered for those living less than 50 miles away. Day care will not be provided but you can be reimbursed your cost (as per Family Readiness guidelines, \$2 per hour, per child for the time spent in the classroom).

For more information, the most current dates and locations or **to register** log onto <https://sdguard.ngb.army.mil> and go to the Family Readiness link – then training / workshops.

Complete the registration form and **mail** to the indicated address

OR Fax to: 605-737-6088

OR complete online and email to:
familyprogram@sd.ngb.army.mil



God bless America, my home sweet home.





REGISTRATION FORM



Please complete the front and back of this form and:
Mail to: Family Readiness Office, 2823 West Main St.,
Bldg 520, Rapid City, SD 57702-8186
OR Fax to: 605-737-6088

Please Check
If Attending

☐

BASIC VOLUNTEER TRAINING - 9AM - 1200 in **Brookings** (For All Volunteers)
February 2, 2008

☐

ADVANCED VOLUNTEER TRAINING - 1PM to 4:30PM in **Brookings** (For All Volunteers)
February 2, 2008

☐

Train the Trainer Course in Chamberlain. This course will be completed in 2 sessions; both must be attended for completion of course. Short, individual class presentation.
Session I - February 15-16, 2008
Session I begins Friday evening at 7:30 PM and concludes Saturday at 4:30PM.
Session II - April 12, 2008 in Chamberlain
8AM - 4:30PM
(For All Volunteers)

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March 1, 2008

☐

LEAD VOLUNTEER TRAINING - 9:30AM to 3:30PM in **Pierre**
May 3, 2008 (Class for appointed Lead Volunteers of FRGs)

PLEASE PRINT -legibly

NAME _____ Social Security # (Required for travel orders) _____

(Mailing) Address _____ City _____ State _____ Zip Code _____

Email Address _____

Phone # _____ Round Trip Mileage From Home to Training Location _____

Unit Representing or Affiliated With _____

Please check those that apply.

____ I am a Civilian ____ I am a Military Member

____ I will need to stay overnight on ____ FRIDAY

I ____ have ____ have not registered on the guardfamily.org website

State Veterans Home

By Lynn Wright



The South Dakota State Veterans Home is a little known benefit to most South Dakota service members. The Home, located in Hot Springs was established in 1889. Its mission is to provide a quality living environment, along with adequate medical support, in an independent living and long-term care setting for eligible South Dakota veterans and their spouses, widows, or widowers.

It serves veterans meeting the following criteria: have served during a wartime period and have been honorably discharged; ambulatory and able to care for themselves and their living quarters when admitted; have been a resident of South Dakota for at least one year immediately preceding their application; have limited income and assets; and are not addicted to drugs or alcohol or mentally ill. Spouses, widows and widowers of veterans are also admitted and must meet the financial and physical requirements of the Veterans Home as well. Spouses must be 60 years old.

Single members pay 50% of their monthly incomes while married couples pay 55% of their combined monthly income. This entitles the member to receive a room, furnishings, utilities except telephone, bedding, laundry, meals, medical and pharmaceutical services, and activities and social services.

The Veteran's Home grounds cover approximately 193 acres offering a serene setting carved out of the beautiful Black Hills. It has one hundred assisted living beds and fifty-two nursing care beds. It offers an excellent retirement environment for qualified couples, single veterans and widows. When health problems arise they have medical services available to them on a short-term or long-term basis.

For further information, please contact your County Veteran Service Officer or call (605) 745-5127, extension 116 or log onto <http://www.state.sd.us/applications/MV91MVAInternetRewrite/default.asp>.

Mark Your Calendars!!



The dates
have been set for the 2008
State Family Program
Conference. The
conference will be held
September 12-14, 2008.
Stay tuned to your local
Family Readiness Office
for further details on
location and theme!!

National Military Family Month Poster Contest Winners

With November being National Military Family Month, the State Family Readiness Office sponsored a poster contest for military youth. There were many outstanding entries, and the judges had a tough time deciding on the winners. After much consideration, the results are as follows.

Senior Division

1. Ashley Brechtel
2. Mikayla Wright
3. Hannah Tiffany

Junior Division

1. Sydney Spraitz
2. Samuel Tiffany
3. Jake Konechne

Thanks to all who participated, and we look forward to seeing your entries next year. Please note that the cover poster was submitted by Ashley Brechtel, the 1st place Senior Division winner.



guardfamily.org— Not just for Families

This exclusive, member-only site is for members of the National Guard Community to include: Families, youth, service members, family program paid staff and educators. Go there to find exclusive content, local and national resources, and to access documents and training materials helpful for your unit, community and Family Readiness Group.

Once you are registered on the site, you gain access to information pertinent to National Guard Families and units. Additionally, the Family Readiness Office can accomplish email campaigns and workshop and training registrations more simply with the capability for you to do it online.

It is also an access point to online courses. Guard Family Training modules are a specially designed education and training program for and about the National Guard community. Program modules cover a wide variety of topics most often requested by families and National Guard leadership.

The Youth section is awesome providing engaging games and activities for children relevant to National Guard Youth. Additionally view the latest events and announcements of what's happening nationally. There is also a discussion board available to chat with others from across the nation. Further, links to other helpful resources and websites are located here for your convenience.

Log on today and have fun learning and exploring the site –
www.guardfamily.org

As we move into the holiday season, please keep the following units in your thoughts.

235th MP Co-Afghanistan

B Bat 1/147th FA-Iraq

641st AVN-Iraq

Please keep in mind that the South Dakota National Guard has many individual Soldiers who are voluntarily deployed with other states. Please keep them in your thoughts as well.



2006 Volunteer Awards



Congratulations to the following winners of the 2006 State Volunteer Awards.

Army Volunteer-Mary Ann Arends
Air Volunteer-Corrie Hanson

Army Family-Kory, Teresa, Devon, and Lane Urban
Air Family-Kristi, Ryan, and Maegan Nimmick

Army Military Member-MSG Leah Braun
Air Military Member-TSgt Casey Bullis



A huge thank you goes out to all volunteers for their dedication and commitment to make the South Dakota National Guard Family Programs one of the best in the nation.





By Sarah Neugebauer – 235th Military Police

Operation Purple Camp is an organization which facilitates summer camps for children whose parents serve in the military. Although all military children are welcome, because of limited space available, preference goes to children whose parents are either just returning from deployment, currently deployed or preparing for an upcoming deployment. The 4th year of Purple Camps for military children concluded this summer with 4,000 children attending camps in 26 different states. It continues to expand every year and will continue to do so “as long as it’s needed”.

It is entirely free because of corporate donations from Tricare, The Michael and Susan Dell Foundation and The Sierra Club.

My daughter, Briana, attended the camp in Colorado this summer. She was only 7—the youngest age they allowed—and I was very nervous about how she would handle 7 days away from home, in another state no less. Not to mention how I was going to handle sending away my oldest child and best helper since Dave is deployed.

She absolutely loved it and will remember it for the rest of her life. She made many friends from several different states and they have already sent letters to each other.



The main message of the camp this year was “Kids Serve, Too” and they really made the kids proud of what their deployed parent is doing as well as proud of themselves.

They got to fish, sleep in Army tents on cots, eat MREs, horseback ride, hike, see dinosaur fossils, sit in a helicopter and fly a flight simulator.

I whole heartedly recommend to any of you who are able to send your child(ren) next year to do so. Go to <http://www.nmfa.org> for more details.

Winter Driving

With the first snow recently on the ground, we are reminded that winter is just around the corner. Follow the checklist below to prepare a winter survival kit to haul in your vehicle this winter.

Large Duffel Bag-to hold supplies
Extra gloves and socks
Heavy winter coat
Snow shovel

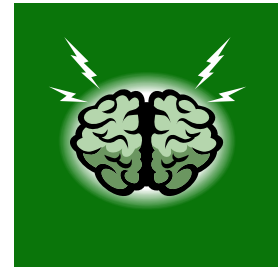
Dried Fruits and Nuts
Blankets
Winter boots



If you must drive during a winter storm, remember to let loved ones know what route you will be taking and when you plan to arrive. That way, if they have not heard from you, they will be able to send help to a more specific area. Also, be sure your car is in good working order. Take it to a shop and let them tune it up and get it winterize. Check your tires and make sure that they have plenty of tread and are in good condition. Finally, make sure you drive accordingly to the road conditions. Leave plenty of space between the car ahead of you, and don’t use the cruise control. Hopefully these tips will help you have safe and happy travels this winter.

Traumatic Brain Injury (TBI)

Traumatic brain injuries, whether mild or severe, are the number one injury in Iraq and Afghanistan. If the head is hit or violently shaken (such as from a blast or explosion), a “concussion” or “closed head injury” can result. Concussion is seldom life threatening, so doctors often use the term “mild” when the person is only dazed or confused or loses consciousness for a short time. However, concussion can result in serious symptoms. People who survive multiple concussions may have more serious problems. People who have had a concussion may say that they are “fine” although their behavior or personality has changed. If you notice such changes in a family member or friend, suggest they seek medical care. Keep in mind that these are common experiences, but may occur more frequently with TBI. If in doubt, ask your doctor.



Common Symptoms of Brain Injury

- | | |
|--|--|
| <ul style="list-style-type: none">*Difficulty organizing daily tasks*Blurred vision or eyes tire easily*Headaches or ringing in ears*Feeling sad, anxious or listless*Easily irritated or angered*Feeling tired all the time*Feeling light-headed or dizzy | <ul style="list-style-type: none">*Trouble with memory, attention or concentration*More sensitive to sounds, lights or distractions*Impaired decision making or problem solving*Difficulty inhibiting behavior – impulsive*Slowed thinking, moving speaking or reading*Easily confused, feeling easily overwhelmed*Change in sexual interest or behavior |
|--|--|

Recovery Following TBI

Some symptoms may be present immediately; others may appear much later. People experience brain injuries differently. Speed of recovery varies. Most people with mild injuries recover fully, but it can take time. In general, recovery is slower in older persons. People with a previous brain injury may find that it takes longer to recover from their current injury. Some symptoms can last for days, weeks, or longer. Talk to your health care provider about any troubling symptoms or problems. For more information, go to <http://www.behavioralhealth.army.mil> or www.pdhealth.mil

To Promote Healing & Manage Symptoms

Things That Can Help

- *Get plenty of rest & sleep
- *Increase activity slowly
- *Carry a notebook – write things down if you have trouble remembering
- *Establish a regular daily routine structure activities
- *Do only one thing at a time if you are easily distracted
- *Check with someone you trust when making decisions

Things That Can Hurt

- *Avoid activities that could lead to another brain injury – examples include contact sports, motorcycles, skiing
- *Avoid caffeine or “energy-enhancing” products as they may increase symptoms
- *Avoid pseudo ephedrine-containing products as they may increase symptoms – check labels
- *Avoid excessive use of over the counter sleeping aids – they can slow thinking and memory



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